

**COUGAR HOCKEY  
USA HOCKEY  
SKILLS PROGRESSION  
EVALUATION FORM**

**PLAYER:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

**Development  
Level**

**1 COPY EACH TO  
PARENT  
COACH  
HDC**

**1= UNABLE TO DO SKILL  
3= AVERAGE SKILL  
5= MATED SKILL**

**December 15  
Evaluation**

**End of season  
evaluation**

**INDIVIDUAL SKILLS**

**COMMENTS**

**COMMENTS**

**SKATING**

|                    |   |   |   |   |   |       |
|--------------------|---|---|---|---|---|-------|
| edge control       | 1 | 2 | 3 | 4 | 5 | _____ |
| ready position     | 1 | 2 | 3 | 4 | 5 | _____ |
| forward start      | 1 | 2 | 3 | 4 | 5 | _____ |
| forward stride     | 1 | 2 | 3 | 4 | 5 | _____ |
| control stop       | 1 | 2 | 3 | 4 | 5 | _____ |
| backward skating   | 1 | 2 | 3 | 4 | 5 | _____ |
| backward stop      | 1 | 2 | 3 | 4 | 5 | _____ |
| control turn       | 1 | 2 | 3 | 4 | 5 | _____ |
| forward cross over | 1 | 2 | 3 | 4 | 5 | _____ |

|   |   |   |   |   |       |
|---|---|---|---|---|-------|
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |

**PUCK CONTROL**

|                      |   |   |   |   |   |       |
|----------------------|---|---|---|---|---|-------|
| lateral dribble      | 1 | 2 | 3 | 4 | 5 | _____ |
| forward/back dribble | 1 | 2 | 3 | 4 | 5 | _____ |
| forehand shift       | 1 | 2 | 3 | 4 | 5 | _____ |

|   |   |   |   |   |       |
|---|---|---|---|---|-------|
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |

**PASSING/RECEIVING**

|          |   |   |   |   |   |       |
|----------|---|---|---|---|---|-------|
| forehand | 1 | 2 | 3 | 4 | 5 | _____ |
| backhand | 1 | 2 | 3 | 4 | 5 | _____ |

|   |   |   |   |   |       |
|---|---|---|---|---|-------|
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |

**SHOOTING**

|          |   |   |   |   |   |       |
|----------|---|---|---|---|---|-------|
| wrist    | 1 | 2 | 3 | 4 | 5 | _____ |
| backhand | 1 | 2 | 3 | 4 | 5 | _____ |

|   |   |   |   |   |       |
|---|---|---|---|---|-------|
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |

**CHECKING**

|                      |   |   |   |   |   |       |
|----------------------|---|---|---|---|---|-------|
| poke check           | 1 | 2 | 3 | 4 | 5 | _____ |
| hook check           | 1 | 2 | 3 | 4 | 5 | _____ |
| lift the stick check | 1 | 2 | 3 | 4 | 5 | _____ |

|   |   |   |   |   |       |
|---|---|---|---|---|-------|
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |
| 1 | 2 | 3 | 4 | 5 | _____ |

**TOTAL**   
**(Possible 100)**